



COUNCIL BLUFFS HY-VEE BLACK SQUIRREL TRIATHLON



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VOLUNTEERS NEEDED FOR TRIATHLON

Volunteers are needed for the fifth annual Council Bluffs Black Squirrel Triathlon, scheduled for Saturday, August 21. The event will include a 1000-yard swim, 19-mile bike ride, and 6.2 mile run, starting and finishing at Lake Manawa State Park beach. This year we will be adding a youth event for kids ages 7-14.

"There are many opportunities for people to get involved," said Geoff Hubbard of Parks and Recreation, one of the event organizers. "We need people to help with registration, water stations, turnaround points, and the finish line."

Volunteer shifts will begin at 5:00 a.m. with set-up at Lake Manawa State Park and continue through the conclusion of the triathlon, which will be around 1:00 p.m.

"It's a great atmosphere," said Linda Robicheau of the Council Bluffs YMCA, another event organizer. "We had nearly 250 participants last year from all around the metro and even out-of-state. Volunteers were able to be part of the experience, meet some great people, and present a fantastic event."

The swim portion will be the first leg of the triathlon, with athletes hitting the water at 7:15 a.m. Next will be the bike segment, which will include a clockwise loop around Lake Manawa and then follow the city's trail system to Iowa Western Community College and back. The 10K run will come last, with participants heading counter-clockwise around the lake. The youth triathlon will take place at 9am and should be done around 11am.

Dozens of volunteers will help insure the safety of participants, as well as speeding the check-in process and cheering and guiding athletes along the route. All volunteers will receive a t-shirt.

The Bluffs Black Squirrel Triathlon is presented by Hy-Vee Food Stores, Council Bluffs Convention and Visitors Bureau, Council Bluffs Parks and Recreation, Council Bluffs Police Department, Council Bluffs YMCA, Jennie Edmundson Hospital Sports Medicine and Iowa Department of Natural Resources at Lake Manawa.

Participant registrations will continue to be accepted through August 18.

For information on how to volunteer with or participate in the Black Squirrel Triathlon, call Parks and Recreation at (712) 328-4650 or log onto www.cbparksandrec.org/specialevents.asp.

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